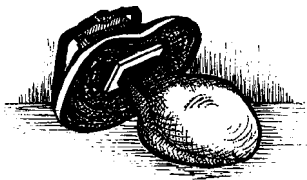




- ☐ Put your baby to bed without a bottle. Instead, give your baby a soft toy, blanket, or clean pacifier at nap or bedtime.
- ☐ Wipe your baby's gums gently with a clean washcloth each day.
- ☐ Thumb and/or pacifier sucking is OK.
- ☐ If you give a pacifier, never tie it around your baby's neck. Do not dip pacifier in honey or anything sweet.



- ☐ Breastmilk is the best food for your baby. Mother should eat healthy foods and drink plenty of fluids.
- ☐ Feed your baby breastmilk or formula with iron. Wait until 5-6 months old before giving infant cereal or baby foods.
- ☐ Hold your baby while breast or bottle feeding.
 - Do not prop the bottle to feed your baby.
 - Let your baby decide how much to eat.
 - Do not put cereal, baby food, sweetened drinks or fruit juice in the bottle.
 - Limit the amount of water.
- ☐ Honey or corn syrup can make your baby very sick.

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

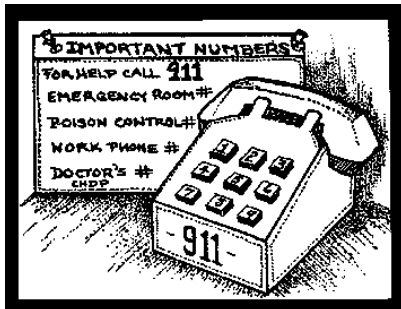
Poison Control Number: 1-800-876-4766

- *Learn Infant CPR*
- *Put smoke alarms in hallways and every bedroom, check every 6 months.*
- *Have a carbon monoxide alarm.*



Health and Safety

- ❑ Put baby to sleep on the back, not the side or stomach. No pillows in bed.
- ❑ Use a crib with non-lead based paint; bars no more than 2-3/8 inches apart and no corner posts.
- ❑ Use a firm, flat mattress with no soft bedding. Remove plastic wrap.
- ❑ Keep crib away from drapes and blinds.
- ❑ Put your baby in an infant car seat for every ride.
- ❑ Buckle infant car seat in the back seat.
- ❑ Never put your baby or children in the front seat if there is an airbag.
- ❑ Keep small objects, plastic bags and balloons away from your baby.
- ❑ Do not leave your baby alone or with a stranger.
- ❑ Turn water heater to less than 120°.
- ❑ Test bath water before baby goes in. Never leave baby alone.



Parenting Tips

***All babies are different.
They develop at their own rates.***

What to Expect

- ❑ Your baby may not always grow or act exactly like other babies. Get to know what makes your baby special.
- ❑ Your baby may:
 - Smile and laugh
 - Lift head when on stomach
 - Bring objects to mouth
 - Babble and play with hands
 - Turn body from side to side
 - Splash in the tub
 - Kick feet while lying on back
 - Sit with some support

What You Can Do

- ❑ Cuddle, talk, sing, read, play soft music and play gently with your baby.
- ❑ Give your baby big, brightly colored toys. Make simple toys from house items.
- ❑ Let your baby's feet move and grow. It is too early for shoes.
- ❑ Take your baby outdoors to see different things.
- ❑ Change your baby's position often. Put baby on stomach as often as on back while awake. This helps build head control.
- ❑ Remember to tell your baby, "I love You!"

If you find yourself about to hit, shake or harm your baby, call a "Hot Line" or a friend for help.

3 - 4 Months

Health and Safety

- ❑ Take your baby for regular health exams and vaccines (shots).
- ❑ Do not use an infant walker; this may cause injuries.
- ❑ Never shake, toss or swing your baby in the air in anger or even in a playful way.
- ❑ Keep your baby's skin, hair, body, clothes and bedding clean.
- ❑ Wash your hands with soap and water before and after changing diapers.
- ❑ Keep your baby away from loud noises.
 - Loud noises can damage your baby's hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Keep your baby away from tobacco smoke. Stop all tobacco use.

